



FITNESS ZONE

March 28th—June 28th
 Fitness Zone
 440 US Highway #130
 East Windsor, NJ 08520
 609-426-0700
www.njgymfitnesszone.com

Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 Spin Doreen	5:45 Wake Up 'N Work It! Doreen	5:45 Spin Linda	5:45 Wake Up 'N Work It! Doreen	5:45 Spin Linda	8:00 Pilates Doreen	
	8:45 Will Power and Grace Mariann	8:45 Pilates Doreen	8:45 Step 'N Glide Helen		8:30 Spin Marian	9:00 Spin Arline
9:30 Spin Doreen	9:30 Spin Daryl	9:30 Kettlebell Maggie	9:30 Spin Daryl	9:30 Spin Stephanie	9:00 Cardio Pump Ellen	9:00 Vinyasa Flow Del
9:30 Zumba Lisa	9:30 Mixer Lisa	9:30 Spin Daryl	9:30 Total Body Lisa	9:30 Cardio Kick Lisa	10:00 TurboKick Ryan	10:00 Fat Burning Sunday Helen
10:30 Total Body Stephanie	10:30 Pilates Stephanie			10:30 Pilates Props Stephanie		
			- PM -			
5:00 YogaFit Doreen/Stephanie						
6:00 Butts 'N Guts Ellen	5:30 Zumba Colleen	5:30 Kick-Combat Arline	5:30 Pilates Stephanie			
6:30 Spin Mike	6:15 Spin Arline	6:30 Spin Arline	6:30 Spin Linda			
6:30 Turbo Kick Ryan	6:30 Cardio Sculpt Ellen	6:30 PiYo Ryan	6:30 Kickboxing Daryl	7:00 Pilates Doreen		
			7:30 Yoga Flow Doreen			Denotes New Class, New Time, or New Instructor



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Butts N' Guts - 30 minutes of concentration on glutes and abs.

Cardio Fusion - A high intensity cardio training class integrating boxing drills and power exercises.

Kick-Combat - Classic kickboxing moves taught in a cardiovascular aerobic format.

Cardio Pump - Combination of aerobic movements, plyometric and calisthenics combined with strength training exercises.

Cardio Sculpt - Get personal training style attention in this 60 minute core building, metabolism charging, class.

yoga Flow - Flow yoga stems from Ashtanga Yoga, which means 'eight-limbed'. This is a series of flowing postures linked by the breath to detoxify

Fat Burning Sunday - A hi-low interval class with boot camp style drills fused with high intensity training using various equipment.

Hatha Yoga - A marvelous means of exercising, stretching and freeing the body so it can be a healthy, long lived, and vital instrument of the mind and soul.

Kettlebell—A cardio and strength session combined, Kettlebell is a unique exercise program that uses swings and power moves to sculpt your entire body..

Kickboxing - Combining resistance-based exercise & Muay Thai boxing, an energizing, fat burning workout using heavy bags and focus mitts. Gloves/ wraps required.

Mixer - A unique blend of aerobic, strength and flexibility exercises for an overall body workout.

Pilates - A total body conditioning exercise method combining strength and flexibility to improve balance and posture, and focus on the abdomen, low back, glutes. All levels welcomed.

Pilates Plus & Pilates Props - These innovative Pilates classes utilize rings, bands, rollers, and the like to put a new twist on a traditional workout.

PiYo combines Yoga, Pilates, strength conditioning, flexibility and dynamic balance. PiYo is an up-tempo, ideal format for beginners to the advanced, builds lean muscle and burns calories. Get that incredible 'strong and stretched' feeling at the end of every class!

Spin - These 45 minute classes incorporate aerobic, interval and endurance schedules to bring you an exciting indoor cycling program!

Step 'N Glide - Gliding is a great way to slim, tone and sculpt long lean muscles. This workout takes you to a new level integrating gliding moves with a challenging step routine.

Total Body - Get sleek definition by strengthening and toning your body. This class uses a mixture of floor exercises, weights, stability balls, bands and aerobic movements for a total body workout.

Turbo Kick - A challenging cardiovascular workout disguised as a PARTY!

Wake Up 'N Work It - Get out of bed, work hard and be done for the day! This 5:45 am class is a great combination of weights, plyometrics, and Pilates style movement in a quick, efficient and always different format!

YogaFit - Gain strength, balance, power and grace in this stress reducing Yoga hour

Zumba - An intense dance-aerobics workout with pulsating Latin music.

Will Power and Grace - A Sweaty Dynamic Fusion of popular & effective group exercise programs, such as Yoga, dance and martial arts.